

Atlantic Crossroads

Vol. 12, No. 4 • February 2, 2007 | Lajes Field, Azores, Portugal | Lajes In the Fight!



Welcome back warriors!

Col. Robert Winston, 65th Air Base Wing commander, welcomes warriors from Aerospace Expeditionary Force 3-4 back to Lajes Field as part of a mass reintegration briefing Jan. 25 in the 65th Medical Group Conference Room. See Page 3 for a list of deployers returning to Lajes following four-month deployments to Southwest Asia in support of Operations Iraqi and Enduring Freedom. (Photo by Eduardo Lima)



Tip of the Week

❑ How well Team Lajes works together as a team will be the key to receiving an "Outstanding" rating.

Courtesy of
65th ABW Inspections

ORI Countdown

45

Days remaining until Lajes Field's
first Operational Readiness
Inspection kicks off

Lajes In The Fight

(December 2006)

Space-required passengers
handled
1,047
Space-available passengers
handled
645
Cargo tons handled
175
Mail tons handled
37

Originating shipments,
pieces handled
98, 181
Terminating shipments,
pieces handled
268, 3,674
Aircraft handled
127



PERSPECTIVE

Air Force pride, enthusiasm always important

By Chief Master Sgt. Laten Williams
65th Air Base Wing
command chief master sergeant

Think back to the day you decided to join the Air Force.

Remember how you felt as you told your families and friends of the great decision you've made to serve your country and to defend freedom's future.

For those of you who've been serving for a while, how has it been when you've gone home to visit over the years? The same goes for those of you who've only been in service for a short time. How do you feel when you take a vacation and visit with the people who are close to you? Did you stick your chest out a bit further and brag about where you have been stationed and places in the world you have been assigned or TDY to?

How about the places you have visited on vacation because you were close to

them? Did you toot your horn a little about this? Do you also tell people about pay and entitlements, and other privileges afforded you such as the fitness center, club membership, youth center, educational opportunities, etc.? Did you talk about your last promotion, an award or a decoration you may have earned for your service?

You may have met a few people you did not get along with for different reasons, but how about all the really nice people you've met who are now your good friends, almost like family to you? How special is that?

We typically get excited about our Air Force and realize that we are part of something very special when we go back home to visit. We can't stop talking about how wonderful things are when someone asks "so, are you still in the Army" and you have to explain that you are in the Air Force.

I ask you to keep the same level of pride and enthusiasm each and every day as you serve in whatever capacity you're placed in and whatever your job is.

Without you, we would not be as effective; we would not be the best Air Force on the planet.

We so often get caught up in the normal day-to-day routines, often losing focus on the importance of what we do for our team.

Once in a while we just have to pause for a minute or two and think back of why we serve and all the great things about our Air Force, just to get our focus back where it rightfully should be, then get back to business.

Often people get a little busy and may not take the time to say thank you for what you do. I, along with the senior leaders thank you and encourage you to keep doing great things for our team.

You keep Lajes in the Fight!

Seize opportunities, appreciate what you have in life

By Lt. Col. Chuck Metrolis
31st Rescue Squadron
commander

KADENAAIR BASE,
Japan — Is it just me, or does there appear to be an increased amount of complaining coming from the American populous?

Like most Americans, I get my news from the TV, radio or print media, and lately all I get is a lot of negativity about how bad someone's life really is.

I'll be the first to admit there were times when I was right there with the complainers. I can remember as a child, teenager and young Airman complaining about the tribulations in my life, that to me were paramount, but in reality more or less inconveniences. I was sure to complain if I didn't make it to lunch on time, get enough sleep or have enough money.

Education and experience, both of which came with age, taught me to reflect on life and truly appreciate the good fortune I had. One of the tools that helped me appreciate my surroundings was to compare my perceived woes to those around me. My eyes became open to the true problems

many face in the world. When many of us feel like we have a legitimate gripe, just think about the examples below. Maybe we don't have it that bad after all.

Ever feel like you are bored because you have nothing to do or no one to do it with? Just think about former Navy Lieutenant Everett Alvarez Jr. He was shot down over North Vietnam on Aug. 5, 1964. He endured eight-and-a-half years of brutal captivity, while spending more than one year of this time in solitary confinement. He was not freed until April 1973.

Ever hear people complaining about how hungry they are because they are late for lunch? Think back a few years ago to those young U.S. Marines pushing toward Baghdad along a 300-mile invasion route. They were advancing so quickly they left much of their resupply structure in their wake. This forced many to eat only one MRE per day for about a week. Eating one meal a day is tough, but think about doing this while sprinting in full gear, in the spring heat of Iraq while being used for target practice.

"... our problems pale in comparison to many around us."

Colonel Metrolis

Think you are inconvenienced because you have to sit in that middle seat on an airliner? Just do a little research on what the African slaves had to endure on an eight-week oceanic trip from Africa to the Colonies in the 1700s, or what Jewish Holocaust survivors experienced while being transported by rail to concentration camps during World War II. Somehow our middle seat doesn't even compare to being stacked like cord wood.

I'm sure many of you have heard spouses complain during PCS moves, wondering how he or she will fit 15,000 pounds of household goods into their 2,500 square foot home. Right now the 1,000,000 people in Southeast Asia left homeless by the 2004 tsunami would love to have that same problem.

Upset because you look in your closet and have nothing to wear? There are hundreds of thousands of your fellow Americans relying on charity,

gifts or handouts because they lost everything during Hurricane Katrina.

Are you really upset because you don't think you make enough money? Try watching the recent film "Cinderella Man". You will see how boxing legend James J. Braddock provided for a family of five during the Depression Era. Trust me, there were thousands more like him who had it even worse.

I know we as Americans will always complain about something. This is one of our inalienable rights our forefathers fought and died for. However, we should look at our own inconveniences through a different lens, and see how our problems look from different perspectives. We may see that our problems pale in comparison to many around us. In fact, we may seize the opportunity to seek change or help those less fortunate. We recently celebrated the life and contributions of Dr. Martin Luther King Jr. We should reflect upon a great individual who had much to complain about, but instead sought to better the lives of all Americans.



PERSPECTIVE

Global Communications, Team Lajes in 'the fight'

By Tech. Sgt. Charles Thompson
65th Communications Squadron

"Lajes is in the Fight!" I've heard these words several times, but it never really occurred to me what they mean until just the other night.

It was late, about 0200 and I was doing what most people do at that time; I was sleeping. My work center cell phone rang and woke me up. I knew what the call was about. I let out a sigh, rolled out of bed, and grabbed the phone and answered, "SCOPE Command."

"Hello sir, this is the Security Defense Control Center. We have an alarm at Cinco Picos. We need you to meet our patrol out there and secure the facility," the person on the other end of the line told me.

"No problem, I'll be there as soon as I can," I replied. I hung up the phone with another sigh and started my journey to secure the facility.

Cinco Picos is the SCOPE Command transmitter site for Lajes' global high frequency system. It holds our high frequency global communications radio transmitters and power amplifiers which handle the Atlantic portion of Presidential in-flight HF communication mission. It was my responsibility to make sure it was secure that night.

I got into my car and started the engine; it took a few minutes for both the engine and me to truly come to life. As I sat there waiting I thought to myself that this really wasn't what I wanted to be doing at that time, I thought that perhaps it wasn't what the LE patrol wanted to do either, or maybe it wasn't what the person manning the CSC wanted to do. In any case none of us really wanted to be there at 2 o'clock in the morning, worrying about an alarm at a radio site in the midst of a bunch of farmland. We did it anyway, and as far as I know, I was the only one complaining about it.

The engine finally warmed up and my yawning spree had subsided, so I made my way down the driveway towards Cinco Picos.

"Lajes is in the Fight," I thought. "Lajes would like to be in bed," I said to myself as I continued down the familiar path.

As I reached the site access road I had a strange thought; '...do I have the site access keys?' The reason I thought this is that the site is guarded by a healthy string of security measures.

When guarding assets which directly affect Presidential transport, military operations supporting the Global War on



Lajes is one of 14 SCOPE sites in the world. (Photo by Senior Master Sgt. Roger Merkley)

Terrorism, and other national interest operations' communications security is in no way a light subject.

It only took a second for me to realize that I had, in fact, grabbed my set of keys from the counter and placed them in my pocket. I drove up to the gate of the site and got out of the car.

The Security Forces patrol was patiently waiting. As I approached, we exchanged a cordial greeting and he checked my ID. "Lajes is in the Fight," I thought again. The words still had little meaning.

We entered the facility grounds, performed a security check, saw nothing out of order, and entered the facility. I punched my code into the alarm system and then proceeded to check out the interior of the building. Nothing was out of order. While my SF counterpart was looking at the equipment we were there to secure, he asked me what it was. I immediately hopped on my educator's platform.

"The equipment you see here is all part of a big radio. This site handles the transmit aspect of the radio. Located on a different part of the island is the receiver site, and the control site is on yet another part of the island."

He then asked how it all worked.

"Well, say, for instance, that the president is flying over the Atlantic Ocean and needs radio communications. He would use this system, which is known as the High Frequency Global Communication System; or SCOPE Command. When he keys the radio in his plane, the signal travels through the air and is received at our receive site, it then runs through our control site and ends up here, at the transmit site. At that point the signal is processed and sent out from any one of the antennas located here at Cinco Picos."

I continued. "This all happens automatically, all he has to do is key the radio and speak. While the President is using his

in-air radio, we're here making sure his communications go through with no problem. If we do our job right, he doesn't even realize we're down here helping him. This system is entirely automated and designed with complete redundancy. If any of the equipment at any of the three sites goes down, it can be replaced by equipment from the other two sites. The parts are always available to ensure the system runs smoothly and constantly."

"So, this is all a big radio then," he said.

"Yes, yes it is; it's all one big radio," I told him. That's when it came to me again, "Lajes is in the Fight." As I looked at the radio we were talking about, I finally realized what 'in the fight' meant.

The SCOPE Command system is there to support the president, the chairman of the joint chiefs of staff, and any number of other people that need secure communication while flying around the world.

There are only 14 SCOPE Command stations located around on the globe, and Lajes Field is one of them. At any time the President can call out on Lajes' SCOPE Command system and control any situation in need of his attention. He can send secure e-mail via SIPRNET, communicate via secure voice transmissions, and he can even use secure phone lines if needed, all by the HF radio system we were securing that night.

"Lajes is in the Fight!" Security Forces were there to notify me of any alarms at the facility, and they were there to assist me in securing the facility; we were in the fight.

CE was in the fight constructing the facility, and ensuring the equipment's environment was suitable with their great HVAC support. LRS was in the fight making sure we all had transportation for the job, and the proper shipping of our equipment. In fact, all Lajes members were somehow there with us that night, all of us were there to support the President, the CJCS, and the warfighters flying far over head.

We have all come together to make our mission successful, our mission of Global Communications. Without each and every member making that night a success, we wouldn't be able to support the Global War on Terror and our nation's interests around the world. We wouldn't be able to have relaxing nights with no worries of the safety of our equipment and the safety of our lives. We were all pulling together that night to make sure the fight could continue; we were all in the fight that night.

"Lajes is in the fight!" We were that night and we are today.



Prayer luncheon

Chaplain (Col.) Steve Keith speaks to attendees of Lajes' National Prayer Luncheon Jan. 25 in the Top of the Rock Club ballroom. Chaplain Keith is the deputy command chaplain for U.S. Air Forces in Europe. (Photo by Staff Sgt. Timothy Sanford)

Thunderbirds to kick off Super Bowl XLI

NELLIS AIR FORCE BASE, Nev. — The U.S. Air Force Air Demonstration Squadron, the Thunderbirds, is scheduled to perform a flyby of Dolphin Stadium during Super Bowl XLI Feb. 4 over Miami.

The team's red, white and blue F-16 Fighting Falcons will roar over in their signature six-ship Delta formation at the conclusion of the national anthem flying at approximately 500 feet and 450 mph.

"We are honored to participate in the Super Bowl, especially this year, as the United States Air Force commemorates our 60th Anniversary," said Lt. Col. Kevin Robbins, the Thunderbirds commander and leader.

The Super Bowl is the nation's highest-rated TV program annually. According to the NFL, more than 141 million viewers in the U.S. tuned into last year's game. Super Bowl XLI will be broadcast to a potential world-

"Our job is to represent the thousands of Airmen who serve their country on a daily basis..."

Lt. Col. Kevin Robbins
Commander/leader, Air Force
Thunderbirds Demonstration Team

wide audience of 1 billion in more than 230 countries and territories.

Flying over the Super Bowl is just one of many events the Thunderbirds will participate in during 2007 to commemorate the Air Force's six decades of air and space power."

"Our job is to represent the thousands of Airmen who serve their country on a daily basis, including more than 35,000 of those fighting on the front lines in the war on terrorism," Colonel Robbins said.

Welcome Back Lajes Warriors!

Staff Sgt. Weldys Baez
Staff Sgt. Sean Beckett
Capt. Korey Blecher
Airman Steven Brumley
Master Sgt. Chad Burlando
Airman 1st Class Kyle Cooper
Senior Airman Andrew Davis
Master Sgt.
Wendell Crittenden
Master Sgt. Scott Erwin
Staff Sgt. Christopher Gaskill
Staff Sgt. Henry Geigenmiller
Staff Sgt. Ian Harris
Staff Sgt. Dennis Horlador
Airman Cameron Houghtaling
Master Sgt. Barry Jackson
Staff Sgt. Frances Jordan
Tech. Sgt. Robert Karnes
Senior Airman Danielle Lara
Master Sgt. Sean Lehman
Staff Sgt. Joseph Liercke
Senior Airman Eugene Lucero
Tech. Sgt. Graciela Martinez
Airman 1st Class
Thomas Maynard
1st Lt. Kevin McNeely
Senior Master Sgt. Gregg
Mowrer
Staff Sgt. Jeremy Pazdyk
Staff Sgt. Daniel Phillips
Senior Airman
James Procaccini
Tech. Sgt. David Roux
Senior Airman
Clark Rutherford
Airman 1st Class Wade Smith
Senior Airman James Stott
1st Lt. Adam Vaccarezza
Airman 1st Class
Emery Woolsey

(Courtesy of the 65th Logistics Support Squadron)

Crossroads

The 65th Air Base Wing Public Affairs staff prepares all editorial content in the Crossroads. The 65th ABW Public Affairs Office (Unit 7710, APO AE 09720), is located in Bldg. T-100, Room 240.

This funded Air Force newspaper is an authorized weekly publication for members of the U.S. military services overseas. Contents of the Crossroads are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The Crossroads staff encourages its readers to call, fax or e-mail with ideas or corrections. Call 535-2369 to speak to the Crossroads editor, fax information to 535-6326 or e-mail news@lajes.af.mil.

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Lajes Salutes

□ Congratulations to the 65th Air Base Wing and Lajes Field's 4th Quarter Award Winners:

Airman: Airman 1st Class James Hewell, 65th Medical Group

NCO: Staff Sgt. Joel Moses, 729th Air Mobility Squadron

SNCO: Master Sgt. Tony Flowers, 65th Services Squadron

CGO: 1st Lt. Joseph Sunday, 65th Civil Engineer Squadron

Category I Civilian (U.S.): Rene Arnold, 65th Contracting Squadron

Category I Civilian (LN): Ana Maria Fontes, 65th Logistics

Category II Civilian (U.S.): Donald Brooks, 65th Mission Support Group

Category II Civilian (LN): Jose Aguiar, 729th AMS

Honor Guard Member: Airman 1st Class Marcus Neal, 65th

Communications Squadron

Volunteer (civilian): Kylie Mathews

Volunteer (active duty): Staff Sgt. Tajhon Hudson, 65th Comptroller

Squadron



Open house

Carrie Jessop, volunteer, right, assists Holly Wood in registering for a DVD player drawing as part of the Airman's Attic and Family Services open house Jan. 25. Dollie Meyers won the DVD player and Tech. Sgt. Tranquilino, 65th Medical Support Squadron, won a computer desk and a TV stand. Uniforms, a TV, books, kid's movies and clothes were also given away. Items that weren't taken will be donated to local orphanages and chapel charities. (Photo by Staff Sgt. Timothy Sanford)

Pest controllers answer mice control concerns

Keeping areas secure and properly sanitized are two of the main ways military family housing residents can effectively control the mice population, according to Tech. Sgt. Casey Brooke, pest management superintendent, 65th Civil Engineer Squadron.

Below are answers to some of the most commonly-asked questions Lajes pest controllers receive about controlling mice.

Why do we need to control mice?

House mice eat the same food humans do. They will eat and contaminate food. They will destroy fabrics and furniture in search of nesting material.

They will gnaw woodwork, cabinets, furniture, and other materials and objects.

What does house mice look like?

The total length of the house mouse is about six inches. The length of the head and body together is about six inches.

The tail is almost naked and about as long as the head and body combined. The color of mice ranges from dark gray to light brown; most are dusky gray. Their bellies tend to be lighter.

How do they get in?

Mice can enter a home or structure through

holes in the wall, floors or the foundation.

They can also enter through cracks and crevices around doors and windows. They can enter through open windows.

Mice can be brought into a home in or on objects like furniture and appliances. All it takes for a mouse to enter a structure is a 1/4-inch square hole.

Do they multiply?

A female mouse can produce over 50 offspring in her lifetime. The house mouse is found throughout the world; it is the most domesticated of all rodents.

They prefer to live in association with humans and man-made structures, but the house mouse can live outside as a field rodent.

What do they do?

House mice eat and contaminate human food. They urinate and defecate continually. They gnaw and destroy furniture, woodwork, books, paper products, clothing and fabrics. Their urine and feces stain these objects.

What should I do first?

Mouse-proof your quarters. Seal all cracks and crevices, especially those over

1/4-wide. Screening 1/8-inch square or smaller can be used. Steel wool can also be used. Do not leave unscreened doors and windows open.

Check objects that are brought into the house, such as boxes, furniture and appliances. Seal food items in metal or mouse-proof containers. Put food items in the refrigerator to protect them, if necessary.

What supplies do I need?

Get at least two mouse traps for each room where there is suspected mouse activity. Glueboards are to be put parallel to the wall. Place snap traps along walls at a 90-degree angle to the wall.

Are my efforts working?

Look for droppings, gnaw marks and nests. Keep an eye out for the mice themselves.

Continue to use traps. Clean up or remove the droppings and urine stains because they can be used to show new mouse activity.

What if my efforts don't work?

If after 30 days your control efforts are not working, call Lajes' pest controllers at 535-6194. (Courtesy of the 65th Civil Engineer Squadron Operations Flight)



PLANNER

Submission deadline is Thursday one week prior to publication. E-mail announcements in normal text with event, location, date, time, point of contact's full name and phone number/e-mail address to news@lajes.af.mil.

Around Lajes

2007 Soul Food Taste Fest: The African-American Heritage Committee holds this event from 11:30 a.m. to 1 p.m. today in the Community Activity Center. Attendees can sample numerous "soul food" dishes donated by the Lajes community. For more details, call Tech. Sgt. Edward Daniels at 535-4212 or Tech. Sgt. Erica Daniels at 535-4507.

Murder Mystery Dinner: Tickets, normally priced at \$30, will be discounted to \$25 Saturday and Feb. 20 for the Enlisted Spouses Club's Annual Murder Mystery Dinner set for March 3 in the Top of the Rock Club ballroom. The social kicks off at 6 p.m. followed by the mystery dinner at 7 p.m. For more information, call Rochelle Weaver at 295-549-720.

Tobacco cessation class: Set for noon to 1 p.m. Monday in the Lajes Health and Wellness Center. For more details or to sign-up, call the HAWC staff at 535-3889 or e-mail jerry.thompson@lajes.af.mil.

Read to Succeed: Members of the African-American Heritage Committee will celebrate the contributions of African American by reading to Lajes Elementary School students Monday through Feb. 28. Call Master Sgt. Lisa Bryant at 535-6197 for more details.

New Commissary hours: Beginning, Feb. 12, the Commissary will be closed Sundays and Mondays and open from 10 a.m. to 6:30 p.m. Tuesdays through Saturdays. The Commissary will be also closed during the Portuguese Holiday "Mardi Gras" Feb. 20.

Bake sale: The Lajes Officers' Spouses' Club holds a "Pamper Your Sweetheart" Valentine's Day Bake Sale from 10:30 a.m. to 6 p.m. Feb. 14 in front of the Commissary. Gift baskets, jewelry, cookies, cakes, chocolates, balloons and more will be available for sale. Call Colleen Blecher at 295-549-187 for more details.

Lajes Idol V: Set for 8 p.m. Feb. 23 in the Top of the Rock Club. For more details, contact Rudy Wallace at 535-5216 or rudolph.wallace@lajes.af.mil.

African-American Heritage Banquet: Set for 6 p.m. Feb. 24 in the Top of the Rock

Club. The program begins at 6:30 p.m. Tickets are \$16. For more details, call Senior Master Sgt. Pamela Crittenden at 535-3818 or Tech. Sgt. Lisa Nelson at 535-6282.

Spiritual Fitness

Catholic Youth of the Chapel, 6 p.m. today; **can food drive at Mass,** 10:30 a.m. Sunday; **AWANA Grand Prix workshop,** 3 p.m. Sunday; **Mother's Study based on Pope John Paul II's Familia Concertio,** 11 a.m. Feb. 9. All events take place at the chapel unless listed otherwise. Call 535-4211 for details.

Education

OU courses, graduation application: The next on-site course is "Spiritual Dynamics of Alcoholism & Recovery," a three-hour elective for the University of Oklahoma's Master of Human Relations degree program. Registration is also open for "Planning Issues in Organizations," a three-hour on-site elective for the HR degree program. Course dates for both courses are March 6-11. Monday is the last day to add or drop either course. Also, the deadline to submit a graduation application for Spring 2007 is Feb. 15. Call Kate Etheredge at 535-3171 for more details.

UMUC academic advisor visit: The University of Maryland University College academic advisor is taking 9 a.m. to 4:30 p.m. appointments during his visit to Lajes Feb. 7-9. Visit the UMUC office or call Johnny Bryant at 535-4187 to schedule an appointment.

MOAA scholarship: The Military Officers Association of America will offer individual grants to 25 dependents of active-duty personnel worldwide as part of its 2007 Base/Post Scholarship Program. For more information, call Mike Schendel at 535-1125.

Free Portuguese class: The Education Office holds a conversational Portuguese class Feb. 26 to March 23. The class will meet from 11 a.m. to noon each weekday in Bldg. T-146. Students will receive a free Portuguese dictionary as well. To sign up or for more information, call

Lucia Soares at 535-1115.

AFA spouses scholarship: The Air Force Association offers \$2,500 scholarships to spouses of Air Force active-duty, National Guard and Reserve personnel. Active-duty members are not eligible. A 3.5 cumulative GPA is required. The application deadline is April 30. Applications are available at the Education Center (T-146). Detailed information and an electronic copy of the application are located at <http://www.afa.org/ae/spouse.asp>. For more details, call Mike Schendel at 535-1125.

Lajes Schools

K-5, no school: Parent/teacher conferences for kindergarten through the fifth grade are scheduled for Feb. 5; there won't be school for these grades.

Jobs/Volunteer

Education advisor: The 65th

Contracting Squadron is competitively soliciting quotes for an education advisor non-personal service. Closing date is 4 p.m. Feb. 21. For more information, contact Senior Airman Ashley Clark at 535-3104 or ashley.clark@lajes.af.mil.

AAFES snack bar workers: The base theater is taking applications for snack bar workers. Applications can be picked up at any AAFES facility or in Bldg. T-800. Applications should be turned in to the theater supervisor during regular theater hours or to the human resources representative in Bldg. T-800. Call 295-573-634 for more details.

Miscellaneous

WICO Overseas: The Womens, Infants and Children Overseas program is now open from 9 a.m. to 2 p.m. Tuesdays, Wednesdays and Thursdays. WICO is located in Room 122 of Bldg. T-425. Call Becky Heerema at 535-1440 for more details.

Classified Ads

E-mail classified ads to news@lajes.af.mil by 5 p.m. the Thursday prior to the week you need it published. Remember to notify the Crossroads editor when items have been sold.

New Duralast semi-metallic rear brake pads, \$10; new Duralast ceramic brake pads, \$20 (both for Chevy truck — Tahoe, Avalanche, Silverado, GMC Yukon); Baby Trend 3 position recline/6 position height adjustment w/ dishwasher safe tray \$30; umbrella stroller \$5; newer baby car seat, \$20; Cross Terrain backpack child carrier; used one week, \$50; fire wood, \$20; small charcoal grill, \$10; large charcoal grill, \$20; kid's table with center storage, \$10; toddler's electric four wheeler, \$50; island bomb four-door car available March 4. Call Monica at 96-893-6399 for details.

PCSing to Eglin or Hurlburt? House for sale or rent. Two miles west of Hurlburt's main gate. Priced below appraisal. Large lot. Secluded. Sound side Hwy. 98. Enclosed swimming pool and lanai. 2,400 SF. 4 BR/2 BA/2C. Possible lease w/option to buy. Call 535-3914, 967-034-617 (cell), or 295-516-084 (home) if interested.

Looking for automatic, 4-door vehicle in great condition. Must have been purchased from Portuguese market and not subject to duty tax. E-mail azoresborn@yahoo.com.

For sale: 1989 Chevrolet full-size conversion van. Automatic, AC, all electric. Great island bomb or large family vehicle. \$1,700 or best offer. Contact Lyle Riley at 535-2465 or 295-579-594 if interested.

New 2-bedroom apartment for rent. Has small garden. Equipped with intruder alarm. Located five minutes from base at Rua da Saude, 51F, Praia da Vitoria. Contact Cláudia at 91-224-7834 or 295-513-714.

For sale: 2005 Yamaha V Star Custom Midnight Edition. Low miles. \$5,500 OBO. Call Senior Airman Michael Woods at 295-549-744.

For sale: 1991 Burgundy BMW 520I, 5-speed manual trans, sunroof, excellent condition. Car is tagged until October. Call Carl at (work) 535-1385, (cell) 96-915-6583. Asking \$3,500.

House for rent: 3-bedroom house located on the main road going to Biscoitos (10 minutes from the base by car) in a nice and calm neighborhood. Has two double bedrooms, one children's bedroom, two living rooms, a kitchen, a storage room and a big garden. Furnished. Cable and TV line available. Price negotiable.

E-mail q_uaresma@hotmail.com or call 91-876-8415 for more details, house visit or photos.

For sale: JVC portable CD, cassette, radio w/ 10 CD changer, double cassette recorder, remote control, detachable speakers, original owners manual. In perfect condition. Please make an offer. Call 295-542-341.

For sale: 2003 Honda Element EX. 53,500 miles, champagne exterior with gray and black interior, low emissions vehicle, CD player, MP3 ready, built-in subwoofer, manual transmission, 2.4 Ltr, removable rear seats, sunroof, water-proof interior, suicide doors, rubber front and rear bumpers (ideal for this location), extra head clearance and rear seat leg room, lift gate rear for easy loading and great gas mileage. Call CB or Kim at 295-549-681.



COMMUNITY



Hours of operation



□ Ocean Front BX: 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday; and 10 a.m. to 7 p.m. Sunday
□ Flight View BX: 10 a.m. to 6 p.m. Monday through Wednesday; 10 a.m. to 8 p.m. Thursday through Saturday, 10 a.m. to 5 p.m. Sunday
□ Shoppette: 7:30 a.m. to 11 p.m. weekdays; 9 a.m. to 11 p.m. Saturday; noon to 8 p.m. Sunday
□ Military Clothing Sales Store: 10 a.m. to 6 p.m.

Tuesday through Saturday
□ Car Care Center: 10 a.m. to 5 p.m. Sunday; 10 a.m. to 6 p.m. Monday through Saturday
□ Reel Time Theater: Showings on Thursday, Friday, Saturday and Sunday
□ Beauty Shop: 10 a.m. to 6 p.m. Tuesday through Saturday
□ Barber Shop: 9:30 a.m. to 6 p.m. Tuesday through Friday; 8:30 a.m. to 5 p.m. Saturday

□ New Car Sales: 10 a.m. to 6 p.m. Monday through Wednesday; noon to 8 p.m. Thursday and Friday
□ AAFES Administration: 8 a.m. to 6 p.m. weekdays
□ Ilha Rent-a-Car: 9 a.m. to 6 p.m. Monday through Saturday
□ Vescovi Coffee Shop: 7:30 a.m. to 3:30 p.m. Tuesday through Friday and 9 a.m. to 3 p.m. Saturday
□ Burger King: 7 a.m. to 9 p.m. Monday through

Thursday; 7 a.m. to 11 p.m. Friday and Saturday; 8 a.m. to 9 p.m. Sunday

Holiday hours: The Ocean View BX, Flight View BX and Burger King are closed on Portuguese holidays. The shoppette opens from noon to 8 p.m., and the military clothing sales store opens from noon to 6 p.m. All facilities are open normal hours on U.S. holidays.

□ Editor's note: Hours are subject to change.



At the movies



Today

7 p.m. – Eragon starring Edward Speleers and Jeremy Irons. A boy named Eragon finds a polished blue stone in the forest. At first, he thinks it's a lucky discovery, something that will bring meat to his poor family for the winter. Instead, it brings a dragon hatchling, and Eragon is soon thrust into a world of magic and power through which he and the dragon must navigate. *Rated PG for fantasy violence, battle*



sequences and frightening images (97 minutes).

10 p.m. – Blood Diamond starring Leonardo DiCaprio and Djimon Hounsou. Set against the backdrop of civil war and chaos in 1990's Sierra Leone, Danny Archer, a South African mercenary, and Solomon Vandy, a Mende fisherman are joined in a common quest to recover a rare pink diamond that can transform their lives. While in prison for smuggling, Archer learns that Solomon – who was taken from his family and forced



to work in the diamond fields – has found and hidden the extraordinary rough stone. *Rated R for violence and language (138 minutes).*

Saturday

7 p.m. – Eragon
10 p.m. – Blood Diamond

Sunday

2 p.m. – Eragon
7 p.m. – Blood Diamond

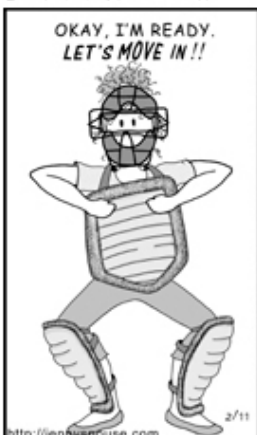
Thursday

7 p.m. – Blood Diamond

□ Editor's note: Call 535-3302 for updated information.

Let's Move In!

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SPORTS & FITNESS

Log workouts at <http://lajes.fitlinxx.com>



2007 volleyball season

Lajes' 2007 volleyball season kicks off Feb. 12. A team meeting for all coaches and team captains is set for 10 a.m. Tuesday in the Community Activity Center.

Call 535-1290 for more details.

Sports Shorts



Judo, tumbling, gymnastics

Registration continues for the Lajes Youth Center's upcoming judo, tumbling and gymnastics lessons.

Judo classes will be from 5 to 6 p.m. Mondays and Wednesdays for ages 4-18 and from noon to 1 p.m. Tuesdays and Thursdays for adults; the cost is \$35 per month.

Tumbling and gymnastics classes will be from 5 to 6 p.m. Wednesdays for ages 3-5; the cost is \$25 per month. Classes will be from 5 to 6 p.m. for ages 6-12 and from 6 to 7 p.m. Mondays and Thursdays; the cost is \$35 per month.

Call 535-3273 for more details.

Lajes boxing reps

Way to go to Staff Sgt. Ray Sandoval, 65th Medical Support Squadron and Staff Sgt. Eric Thorn, 65th Communications Squadron.

Both Airmen are currently representing Lajes Field at the 2007 All Air Force Boxing Trial Camp at Lackland Air Force Base, Texas.

Survival Challenge

The Chace Fitness Center is holding a survival challenge to encourage all of Team Lajes to stay focused on fitness throughout the winter months.

Those who sign up in FitLinX between Jan. 1 and March 31 and burn 17,500 calories (equivalent to five pounds of fat) will win a fitness T-shirt.

People also registered in FitLinX are also welcome to participate.

Visit the fitness center in Bldg. T-333 for sign up or registration information.

Chace Fitness Center

Hours of Operation

The Chace Fitness Center has

new hours of operation:

Mondays through Fridays

5 a.m. to 9 p.m.

Saturdays and Sundays

11 a.m. to 7 p.m.



Beginning Feb. 15, the hours will change to the following:

Mondays through Fridays

7 a.m. to 7:30 p.m.

Saturdays and Sundays

5 a.m. to 10:30 p.m.

Take advantage of tools for healthier you in 2007

By Ricky Baptista

Lajes fitness program manager

The new year brings with it new challenges and opportunities.

In the world of fitness and healthy living, there are many obstacles to overcome to include time constraints, lack of proper health instruction and education, and even a lack of motivation.

Health and fitness professionals work together to prevent these obstacles from hindering the progress of those who have made a commitment to achieve their goals.

Proper instruction on prevention methods and a good understanding of your current fitness level are crucial in helping to overcome these obstacles.

One of the greatest challenges in healthy living is the acceptance that change is ongoing. Those who make the decision to implement a positive lifestyle change and accept the idea that these changes are for the long-term are often the individuals who achieve success. If you begin with the idea that these changes are temporary, then in the end, they very well could be.

Unfortunately, one of the most devastating road blocks to goal achievement is an injury. Although never planned or expected, an injury can cause a major setback in a person's quality of life. It can also determine whether they will continue to make the strides necessary to achieve a healthy body or be derailed from this attempt all together.

Injuries have to be dealt with as effec-

tively and efficiently as possible. Serious injuries need to be treated by a trained medical professional, but if the injury is not serious the individual should be able to return to rigorous physical activity after a nominal amount of time recuperating has passed.

Many minor injuries can be controlled by using the Rest, Ice, Compress, Elevate or "RICE" principle.

R=REST: Rest is one of the most important components of exercise and exercise recovery but unfortunately is the least used. Your body talks to you everyday — when you are hungry, when you are tired and when you need rest. When a body part is sore or in pain, it is asking for you to rest it!

I=ICE: The use of ice is extremely simple and valuable to the person who has experienced an acute injury during physical exertion. Icing the injury constricts blood flow and therefore decreases swelling. By decreasing the swelling of the injured area you can minimize recovery time drastically.

C=COMPRESSION: Compression is another method used to decrease swelling to an injured area. When you compress the surface area of an injury you are physically decreasing the area in which the swelling can occur.

E=ELEVATION: Elevating the injury makes it more difficult for the body to pump blood to the injured area. This procedure also reduces swelling. Ensure that the injured area is raised above the heart.

In the event of a serious injury, contact your medical provider immediately. By us-

Info

For more details

❑ Call the HAWC at 535-3889

ing the RICE concept promptly, the injury should be contained before seeking medical assistance.

Car enthusiasts know that you cannot have a brand new car perform at its maximum without going through the break-in period. To ensure injuries are kept to a minimum, realize that your body also requires a break-in period that consists of gradually progressing to a more rigorous exercise routine.

If you have decided that one of your New Year's resolutions is to increase your physical activity and maximize your health, take the first step and contact the experts at the Lajes Health and Wellness Center. We have the people and tools you need to accomplish your goals. State-of-the-art fitness assessment equipment and dedicated professionals allow us to construct an exercise regimen specific to meet your needs.

Our MicroFit program has recently been upgraded and now offers an aerobic assessment conducted on a treadmill.

We are also kicking off a U.S. Air Force in Europe-unique gait analysis program. This program involves an assessment of the running gait to determine the best footwear for you.

Make 2007 the year you increase your physical fitness and enhance your overall health.